



The Examiner

Naval Hospital Twentynine Palms

"Serving with Pride and Professionalism"

Volume 6, No. 11

An Award Winning Publication

November 1998

People of Quarter Honored at Ceremony

In a recent ceremony conducted on the hospital's Quarterdeck several people were honored. Six of those people were selected as People of the Quarter... they are:

Lieutenant Michele D. Kruse, NC, USN, Maternal Infant Nursing Department; Mr. Elijah T. "Pappy" Parsons, Housekeeping; Mrs. Susan L. Green, Management Information Department; HM1 John N. Trout, NAWS China Lake Branch Medical Clinic; HM3 Donna L. Tenney, Pediatric Clinic; and Mrs. Deann Dennis, Red Cross Volunteer.

LT Kruse's Letter of Commendation reads in part, "As the Assistant Division Officer of the Maternal-Infant Nursing Department, you are responsible for all aspects of newborn and maternal patient care. You serve as an outstanding example for all assigned to the department. Aside from your clinic duties, you serve as the Division Officer's "right hand man," demonstrating superlative leadership and managerial skills. It was your drive and perseverance that finally saw the establishment of the first outpatient Healing Touch clinic. It was through your efforts that this unique alternative therapy can be offered to our beneficiaries. You continue to collaborate on a multidisciplinary committee to see that the clinic meets all national and Naval Hospital standards and requirements. You wrote the manual containing all the policies,

Please see PEOPLE on page 8

Hospital Team Prevails in Competition

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

Toward the end of each blast furnace hot summer at Naval Hospital Twentynine Palms, CA some strange things start to happen to staff members.

After working long shifts... people here meet in the hospital's parking lot to start competing with one another to see who might be the fastest sprinter. Other staff members who have to put rocks in their pockets to keep from being blown away in a strong desert wind start worrying about

Please see COMPETITION on page 8



The Naval Hospital Twentynine Palms Outhouse Race team once again proves unbeatable at the annual Pioneer Days Outhouse Race. (Photo by Kelly O'Sullivan, courtesy of the Desert Trail Newspaper)

BUMED Strategy

See page 2

Great American Smoke Out

See page 5

Navy Ball Photos

See pages 10 & 11

From the Desk of the CO...

BUMED Updates Mission, Vision, Guiding Principles

At the most recent Surgeon General's Conference, Vice Admiral Nelson shared with all the Commanding Officers the latest Mission, Vision and Guiding Principles. As you know, the Navy Medical Department has had a Mission, Vision and Guiding Principles for a number of years, so this is nothing new for us. In order for it to remain a dynamic document that all of us can use and apply, it must change. What you see published here represents the latest changes to accurately reflect the environment in which we function. VADM Nelson and all of the Medical Department admirals evaluated the current conditions of the world, the nation, and the Navy in order to fine-tune the Mission, Vision, and Guiding Principles for all of us in the Navy

Medicine. You may notice that some goals have been streamlined, some have been combined with others, and all have been reworded and reworked to accurately reflect today's health care environment.

Each of you received a personal copy by e-mail earlier this month, and an additional copy is published here. Take the time to read it, discuss it, and be comfortable with it. Our command, department and division goals should all align with and support these goals. The Board of Directors will look at our command goals as part of our routine annual review and ask for your input about changes and refinements we need to make. Now is the time to look at your own division and department goals, as well as the command goals. Notice that each one of us



Captain Joan M. Huber, NC, USN

has a role in making these a reality. We welcome your perspective and views about ways to assure we are all working toward the same vision: to provide "Superior readiness through excellence in health services."

BUMED Strategic Plan *Mission, Vision, Guiding Principles*

Mission:

As the Medical Department of the United States Navy, we:

- Support the combat readiness of the uniformed services
- Promote, protect and maintain the health of all those entrusted to our care, anytime, anywhere

Vision:

Superior readiness through excellence in health services.

Guiding Principles:

We believe:

- Navy's Core Values are the bedrock of Navy Medicine.
- Health is a state of physical, mental, spiritual and social well being, not simply the absence of disease.
- Our people are our most important resource and their dignity, worth and cultural diversity are invaluable assets.
- Quality health care must be provided in an atmosphere of service, professionalism, compassion, teamwork, trust, and respect.
- Our success will be judged by our customers.
- Meeting the unique needs of the Navy and Marine Corps is vital.
- Continuous improvement must permeate all aspects of our enterprise.
- Working jointly with other active and reserve medical personnel will achieve more.
- Navy Medicine must be run effectively and responsibly based on sound business practices.

Please see STRATEGIC on page 6

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The **EXAMINER** welcomes your comments and suggestions concerning the newsletter. Deadline for submission of articles is the 15th of each month for the following month's issue. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk. The Public Affairs E-Mail address is: d.barber@tnp10.med.navy.mil. The Public Affairs Office telephone number is: DSN 957-2362, Comm (760) 830-2362, Fax: (760) 830-2385.

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The **EXAMINER** editor would like to thank all those who participated in this edition.

Chaplain's Corner...

Don't Forget to Say Thank You on Thanksgiving

By Lieutenant Daniel Dudley, CHC, USNR
Naval Hospital Chaplain

If I had a dime for every time I have said "don't forget to say thank you" to my children, I wouldn't be able to pay off the national deficit, but I would be able to start a nice savings for my kids college fund. Just as our children need to be reminded of proper gratitude every now and then, we adults often need coaxed in the art of sustaining and maintaining a thankful heart. I wonder how many times the Spirit of God has whispered to our hearts "don't forget to say thank you".

It is my hope that giving God thanks is as habitual in our daily lives as combing our hair. It is in the same spirit that our government has set aside the fourth Thursday in November as a national holiday set apart for giving thanks to God. The holiday takes

place in the fall to properly give thanks to God for the fruits of the bountiful summer harvest.

*It is very easy for us to lose
the meaning of the holiday
season to commercialism or
couch potato athleticism*

It is very easy for us to lose the meaning of the holiday season to commercialism or couch potato athleticism. Traditionally during the Thanksgiving holiday season the men gather around the television set and vent all their pent-up emotion toward the plight of a "pig skin", while the women rush to the nearest mega-mall to capitalize on the generosity of the retailer's Christmas spirit. The sports networks are all ready gearing up for programming and the retailers are hoping to have record sales on the busiest

shopping day of the year.

Please don't get me wrong, I am not saying that watching football or going shopping is a sin, God knows I am guilty of both infractions myself. However, the sin is not finding time or a creative way for you and your family to pause and count your blessings and give God thanks for all His life sustaining gifts. In the words of Maltbie Babcock "Be on the lookout for mercies. The more we look for them, the more of them we will see. Blessings brighten when we count them. Out of the determination of the heart the eyes see. If you want to be gloomy, there's gloom enough to keep you glum; if you want to be happy, there's gleam enough to keep you glad. Better to lose count while naming your blessings than to lose your blessings by counting your troubles".

I guess what I am trying to say is, during this Thanksgiving holiday season, please, don't forget to say thank you!

Letters...

Great Care at Hospital

Dear Captain Huber,

I am writing to let you know what an outstanding crew you have in the Maternal Infant Nursing Department. I was admitted to your facility for labor, August 25, 1998. As a staff member, I always like to believe that our staff is above average. As a patient, I will tell you our staff is beyond reproach!

My care began in the OB/Gyn Clinic. Last October, I had a miscarriage. I was, however, pregnant again in November. LT Griffin, MC, USN, handled my care. Knowing about my loss, he was very reassuring and supportive. He always made time to see me, even when the schedule didn't. He answered all of my phone calls on a same day basis, continuously making me feel like a VIP.

LT Hitchcock, MC, USN, was on call the morning of my admission. She had been in the OR that morning and up most of the night. None the less, she had a smile on her face and a very pleasant demeanor. Her explanation of my options and her care were very conducive to my every need. She did not delay in contacting the anesthesiologist (whom I deem a saint) upon my first request.

Anesthesia provided me with two spinal. Both of the providers I saw were very con-

siderate of my extremely low pain tolerance and fear of needles. To each of them, I would like to express my deepest gratitude.

CDR Pearce took over my care midday. I was not comfortable or nice and she was still very reassuring and compliant with all of my realistic requests. She continually explained what she was doing to aid in the birthing process. She delivered my son and took outstanding care of me, always keeping comfort in mind.

I would also like to recognize the nursing and corps staff. LCDR Lofland, LTJG Garcia, RN Hewitt, LVNs G. and S. Dopp and HN Laforme were all part of my care and comfort that day. And each was responsible for making my stay pleasant.

In Postpartum, my son and I were cared for by LCDR C. Mock, RN Young, LTJG Parker, LTJG Knapp, ENS Gay, HN Pon, HN Lomas, HN Horton, and HN Steele. Each of these members demonstrated pride, and professionalism in a, sometimes, uncomfortable position. All of these people made my stay as comfortable as possible.

Although these were the key personnel in my care, there were innumerable other staff members that stopped in offering help and congratulations. We have a very caring staff here at Naval Hospital Twentynine Palms. And I am proud to be a part of such

an outstanding group of Sailors, and honored to have received care at this facility.

Dawn M. Wilson
HM3, USN, AD

New Family Members...

Twins

Petty Officer Leigh Anne and Will Schuyler are proud to announce the birth of their twin daughters, Kailey Jean and Meghan Mary who were born at Naval Hospital Twentynine Palms at 8:16 and 8:17 a.m., August 25, 1998. Kailey weighed 5 pounds 8 ounces and measured 18-3/4 inches at birth. Meghan weighed 5 pounds two ounces and measured 17-7/8 inches at birth.

Congratulations.

A Baby Girl

HN Chris and Kimberly Black are proud to announce the birth of their daughter Brianna Gabriel Black, who was born at Naval Hospital Twentynine Palms at 4:01 p.m., September 29, 1998.

Brianna weighed 7 pounds 6 ounces and measured 20 inches in length at birth.

Brianna is the granddaughter of Dan Barber, Naval Hospital PAO.

Congratulations.

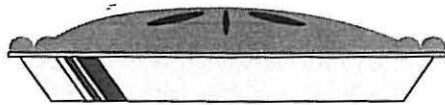
Here's To Your Health...

How Not To Have The Holidays Show On Your Hips, Thighs or Midsection

By Elaine T. Grossman, M.S., R.D.
Naval Hospital Twentynine Palms

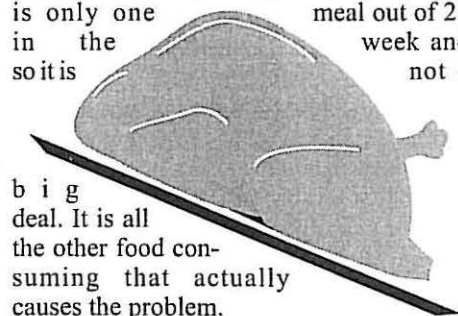
If you are still fighting taking off those few pounds that you put on last year, or if you remember how hard it was to take those pounds off, then here are some strategies to help get through it all this year.

First of all, once Thanksgiving season starts, do not even think of dieting for the remainder of the year. If you do, by about



the 15th of January or at least Superbowl Sunday, you will have blown it royally. In fact, you might even gain more weight then if you had just consumed some of the holiday food that was around. So, Rule No. 1 -- No dieting during the holidays.

Rule No. 2 -- Eat everything at the Thanksgiving Dinner, Christmas Dinner and New Year's Eve Dinner (and at your Boss's house if he/she invites you for the holidays.) And that is the only times to actually overdo holiday dining. Where we generally get into trouble is not for the actual holiday itself, but rather the remainder of the long weekend when we are home together with the leftovers. Remember, each special holiday meal is only one meal out of 21 in the week and so it is not a



If you followed those two rules you should not have a weight gain by 1999. However, even not counting the long weekends at home with all that lovingly prepared food, there are still problems with holiday feeding. I just heard one of the nurses take care of herself and some of the other nurses.

Or at least not very much

She asked the doctor to please not give them fattening food this year. Of course she did reassure the physician that they all still wanted a gift, just not fattening food. Good for her.

So now let's pretend that someone did not read this article and brought you in a plate of their famous cookies -- a recipe



passed down through four generations. What do you mean that you are not going to
Please see HOLIDAYS on page 7

Nurse Organization Promotes Team Work and Professionalism

The Junior Nurse Corps Council (JNCC) at Naval Hospital Twentynine Palms recently held election for officers.

LTJG Deborah Diehl, Emergency Medicine Department, and LTJG Anne Brown, Maternal Infant Nursing Department, were selected as Co-Chairs. LTJG Sandra Parker, Maternal Infant Nursing Department, was picked as Social Director and LT Janet Thorley of Family Practice was chosen as Secretary.

The JNCC is looking for nurses to participate in interesting educational, social, and career information meetings and events, such as those conducted over the past year.

One of those events was "Interesting Duty Stations Day." This event provided first hand information from nurses who had been stationed at Naval Hospitals around the world... Okinawa, Yokosuka, and Iwakuni Japan, Rota Spain, Bahrain Saudi Arabia, Pensacola and Jacksonville, Florida, Bethesda Maryland, and Camp Pendleton and San Diego California as well as Combat Casualty School (C4) in San Antonio, Texas.

In yet another past event, Captain Leslie Robinson gave an indepth overview of "Responsibilities of Junior Nurses" to include information about Promotion Boards, Reading Microfiche personnel records, Officer Summary Record, and Officer Data Card, and appropriate interaction with peers.

Other presentations included Duty Under Instruction (DUINS) preparation and Advanced Practice Nurses such as Certified Nurse Anesthetist (CRNA), Certified Nurse Midwifery (CNM), Family Nurse Practitioner (FNP) and Pediatric Nurse Practitioner (PNP).

The JNCC sponsored a Progressive dinner this past summer and has plans for another this fall. They will also prepare the Nurse Corps Christmas Cards to send out to their fellow Nurse Corps officers around the world. The JNCC is looking for field and pistol qualification opportunities with the local Marine units, as well as hiking and or camping events in the Joshua Tree National Park.

Junior nurses are invited to join in the activities of the JNCC... meeting dates and times are posted on CHCS.

Here's To Your Health...

The Great American Smokeout - November 19, 1998

Could This Be the First Day of Life Without Tobacco?

On what day of the year do most Americans try to quit smoking? The third Thursday in November during The Great American Smokeout.

Are you thinking about quitting smoking but not sure you're ready to take the plunge? Maybe the Great American Smokeout is for you. It's an opportunity to join with literally millions of other smokers in saying "no thanks" to cigarettes for 24 hours.

The Great American Smokeout concept dates from the early '70s when Lynn Smith, publisher of the *Monticello Times* of Minnesota, announced the first observance and called it "D Day." The idea caught on in state after state until, in 1977, it went nationwide under the sponsorship of the American Cancer Society. If past Smokeouts are any indication, as many as one-third of the nation's 46 million smokers could be taking the day off from smoking.

The Rules of the Game

You quit smoking for the 24 hours of the Smokeout. The wonderful thing is that you won't be alone; you can swap advice, jokes and groans with the other "quitters" and nonsmokers who will be cheering you on. Even if you don't quit permanently, you will have learned that you can quit for a day and that many others around you are taking the step too. Come by The Naval Hospital's Health Promotions Office and pick up The Great American Smokeout Survival Kit.

This kit will give you some basic strategies and quit tips to help you stop smoking.

When Smokers Quit

Within 20 minutes of that last cigarette, the body begins a series of changes that continues for years.

20 Minutes

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

8 Hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 Hours

- Chance of heart attack decreases

48 Hours

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

2 Weeks to 3 Months

- circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent.

1 To 9 Months

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean lungs, reduce infection
- Body's overall energy increases

1 Year

- Excess risk of coronary heart disease is half that of a smoker

5 years

- Lung cancer death rate for average former

smoker (one pack a day) decreases by almost half

-Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting

10 years

-Lung cancer death rate similar to that of nonsmoker

-Precancerous cells are replaced

-Risk of cancer of the mouth, esophagus, bladder, kidney and pancreas decreases

15 Years

-Risk of coronary heart disease is that of a nonsmoker

Source: American Cancer Society, Centers for Disease Control, Parlay International

November is American Diabetes Month

Since the Discovery of insulin in 1921, managing diabetes has become more effective than ever. There are two types of diabetes. Type I, or juvenile-onset diabetes, occurs less frequently than type II, or adult-onset diabetes. People with diabetes either don't produce enough insulin or their bodies don't respond to the insulin as they should: that's why they have to take insulin by injection or another medication by mouth to help the body secrete or work with its own insulin.

Many people who have type II diabetes can control the disease by making certain diet and lifestyle changes. To help recognize the warning signs of diabetes, the American Diabetes Association uses the acronyms **DIABETES** and **CAUTION**.

Drowsiness

Itching

A family history of diabetes

Blurred vision

Excessive weight

Tingling, numbness, or pain in extremities

Easy fatigue

Skin infection, slow healing of cuts and scratches, especially on the feet

Other signs are:

Constant urination

Abnormal thirst

Unusual hunger

The rapid loss of weight

Irritability

Obvious weakness and fatigue

Nausea and vomiting

All these warning signs do not have to necessarily be present; only one or two may be present. Some people show no warning signs. If you have a family history of diabetes get tested at least once a year.

Source: American Institute for Preventive Medicine, Don R. Powell, Ph.D.

Pioneering Procedure Performed Locally

Lieutenant Commander Daniel Hightower, MC, USN, recently performed the first CT-cholecystographic ejection fraction examination in the world at Naval Hospital Twentynine Palms.

Computed tomography is used to image the gall bladder prior to and following the administration of a gall bladder contracting agent allowing improved assessment of gall bladder function.

A preliminary study suggests that CT offers greater accuracy, increased spatial resolution, and greater anatomic visualization than current examinations (ultrasound and nuclear scintigraphy) in the evaluation of biliary dyskinesia, and should prove to be the examination of choice in the more corpulent population.

A prospective study, by Doctor Hightower, comparing the traditional imaging modalities with this pioneering method is planned for the near future.

STRATEGIC...

Continued from page 2

Education and research are the foundation of our future.

Force Health Protection

As outlined in the DoD Medical Readiness Strategic Plan (MRSP), the military medical departments exist to support their combat forces in war; and in peacetime, to maintain and sustain the well being of the fighting forces in preparation for war. The medical departments must be prepared to respond effectively and rapidly to the entire spectrum of potential military operations – from major regional contingencies to Military Operations Other Than War (MOOTW).

Readiness to support wartime/contingency operations will require identifying the medical threat; developing medical organizations and systems to support potential combat scenarios; training medical units and personnel for their wartime roles; training non medical personnel in medical subjects; conducting medical research to discover new techniques and material to conserve fighting strength; and providing both preventive and restorative health care to the military force.

Force Health Protection is a strategy that maintains readiness by promoting a system of comprehensive quality health services that ensures our people are fit and healthy; that they are protected from hazards during deployment; and that when illness or injury intervenes, they are afforded state of the art casualty care.

Goals

Optimize the health and fitness of the force.

Minimize casualties through effective prevention and surveillance.

Maximize readiness to deliver effective casualty care – anywhere, anytime, every time

People

Our people are the critical resource in accomplishing Navy Medicine's mission. Their professional needs must be satisfied for Navy medicine to be aligned and competitive. Their work environment must be challenging and supportive, providing clear objectives and valuing the contributions of all. Their commitment must be reinforced by effective communication, teamwork, respect, and outstanding leadership.

Goals

Enhance job satisfaction.

Train to requirements.

Health Benefit

The complementary partner to Navy Medicine's readiness mission is the health benefit mission. As we approach the 21st Century, fundamental changes continue to occur in the way health services are organized, delivered, and paid for, in both civilian and military sectors. Today, all health plans and providers are competing on the traditional basis of access, quality and cost. An intrinsic element that distinguishes the truly outstanding programs

from the rest is the level of health outcomes the system achieves for its beneficiaries. Thus, just as health and fitness are critical barometers of the readiness of our Navy-Marine Corps forces, so too is the health and fitness of our extended military family – the spouses and children of our active members, and our retirees, their family members or survivors – critical barometers of the performance of our health system.

The TRICARE Prime Program enables us to focus on managing the health of a defined population of enrollees and, to the degree possible, to provide preventive services rather than simply intervene when disease or injury occurs. Assignment of our TRICARE Prime enrollees to Primary Care Managers, through who access is guaranteed within specific time and distance standards, fosters continuity of care while eliminating the uncertainty of space available care with an unknown provider. Our patients now have a choice. If Navy Medicine is to be the provider of choice for our military family, our performance in achieving high quality outcomes in health status, access, customer satisfaction, and low cost must be superior. It is within this framework that the Health Benefit Goals and Objectives have been created.

Health is a precious asset. Our responsibility is to enhance and maintain the health of our beneficiaries. Prevention is so much better than intervention, early diagnosis superior to late recognition of a curable disorder no matter how good the treatment. We must consider the wellness of our population must be an important resource – one that must be maintained or is easily lost.

Goals

Communicate the benefit and educate our beneficiaries.

Provide quality preventive and restorative care.

Implement and refine clinical business strategies.

Best Clinical and Business Practice

Navy medicine must carry out our mission as a business, recognizing the readiness, social, personal, professional and economic impacts of our decisions. This goal group demonstrates clearly our commitment to our main enterprise – improving the health of our beneficiaries, active duty, dependent and retired – using the appropriate level of capability, skill and technology to meet requirements. The resources required to improve health vary greatly, depending upon the environment, beneficiary mix, duration of support, echelon of care and alternatives available.

A key to our long-term success is the employment of sound business practices throughout Navy Medicine. The practices should focus on a desired end state, outcome, result or product that allows us to improve health in an effective, efficient and economically sound manner. These practices will cross the entire spectrum of our activities – clinical care, forward-deployed medical care, education and training, research and development.

Goals

Identify and benchmark effective clinical practices.

Identify and benchmark sound business practices.

Identify, acquire and integrate technologies, which have the greatest benefit.

Holidays...

Continued from page 4

even try them? Besides you can diet after the holidays, right? There are two things to look at here. The first is whether or not you want to even try the cookies. If they have your name on them, go ahead and eat two -- only two and then stop (what a unique concept.) However, if they don't look great, say that you just ate and you really want to enjoy them with a cup of coffee or tea so you will just wait until later. Then put them where you know everyone else will eat them.

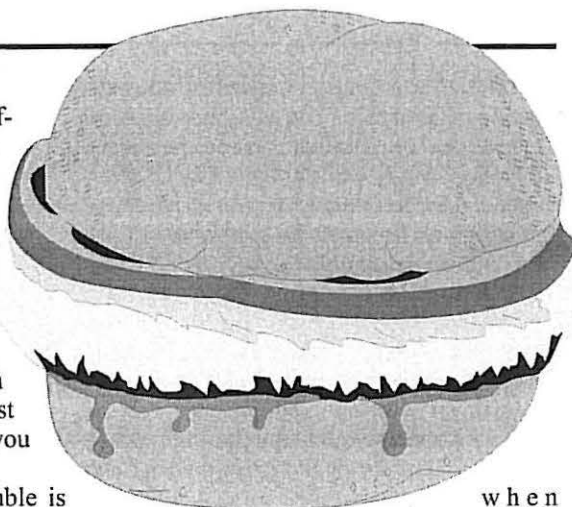
Now where you can get into trouble is when you are invited to yet another holiday dinner party and the entire meal is comprised of foods you'd never feed to someone you love. You could (1) gag, (2) lock yourself in the bathroom and stay there until the meal is over or (3) eat lots of what you know is good for you and a tiny bit of what you know isn't. Then again, you could tell them that you would love to eat, but you have an allergy to those kinds of foods. (It's true: high-fat food makes you break out into fat cells!)

Now the last person left is the one who didn't get invited anywhere. Do not, I repeat, do not go and bury your lonesomeness in a pecan pie. Now I would invite you to my house, but I have been told on more than one occasion that the invitees would rather starve than have a holiday dinner at the dietitian's house (maybe they tasted my cooking)! Anyhow, that leaves you with two alternatives: (1) invite some other aloners to your house for a pot luck or (2) sit home and feel sorry for yourself. If you do wind up at home alone, be sure and feel your problems and don't eat them down. At least the next day at work you will be the only one not moaning and groaning about your waistline.

Remember, the most important part of the holidays is the people you spend them with and not the food you consume.

Just in case you were wondering, below is a list of the "cost" of some of your favorites at the holiday meals:

Breakfast	Calories	Fat (gm)
2 pieces toast w/butter	260	11.5
1 boiled egg	90	5.8
2 cups coffee w/cream & sugar	100	3.6
Appetizers		
2 mixed holiday drinks	500	0
3 handful nuts	800	74
5 celery sticks w/cream cheese	700	48.9
Main Meal		
8 oz. white and dark roast turkey	480	13.8
1 cup mashed potatoes w/butter	300	19
1 cup stuffing from inside of the turkey	600	56.6
3 to 4 ladles gravy	800	44
2 rolls w/butter	360	22
1/2 cup sauteed green beans	50	6.6
3/4 cup candied sweet potatoes	300	trace
1/2 cup cranberry sauce	200	trace
1 piece pumpkin pie w/whipped cream	540	22
1 cup coffee w/cream & sugar	50	1.8
1 glass cider or wine	150	trace
Snack		
1 turkey sandwich w/mayonnaise	565	22.4
Side of dressing and cranberries	450	13
1 piece pecan pie	700	31.8
Total: 46% calories from fat	8,220	418.0



Welcome Aboard

ENS M. Reny	LCDR S. Allen
CAPT D. Freer	HM3 E. Velasquez
LCDR S. Talmadge	HM3 J. Raby
LT R. McKnight	HM1 E. Quiboloy
CDR A. Villafior	MS3 W. Harris
LT C. Yates	HMC J. Enriquez
LT K. Blasingame	HM2 P. Huntz
	HN M. Codd

Farewell

CAPT L. Robinson	HMC C. Deguzman
CAPT R. Kayler	HM3 I. Osier
LCDR M. Clifford	SK1 U. Imperial
CDR W. Harris	HM1 P. Lipichok
LT J. Gardner	HM3 M. Perich
LT K. Murray	MS1 D. MClean
ENS E. Rodriguez	MSSA E. Dallas
CDR M. Offe	HM3 C. Adrian
HM1 J. Comicho	MS3 K. Nelson
HM3 T. Bachmeier	MSSN V. Walker

Honorary Desert Rats...



LCDR Karie Andersen receives her Desert Rat Certificate from CAPT Eileen Horner, Director of Medical Services.



HM2 Scott Curry receives his Desert Rat Certificate from CAPT Joan Huber, CO, Naval Hospital Twentynine Palms.

PEOPLE...

Continued from page 1

procedures, and guidelines that will ensure the smooth running of this clinic for many years to come."



Elijah T. "Pappy" Parsons

Mr. Elijah T. "Pappy" Parsons' Letter of Commendation reads in part, "During your tenure at this command as a housekeeper for the Operating Management Department, you have performed your demanding duties in an exemplary manner. Both patients and staff, throughout the Naval Hospital have noticed your success. Your zealous spirit, devotion to duty, and dedication to satisfying hospital customers, have earned you the respect and admiration of the entire command."



Susan Green

Mrs. Susan Green's Letter of Commendation reads in part, "You have demonstrated exceptional professionalism and exemplary devotion to duty while assigned to the Management Information Department. Your enthusiasm and genuine concern in providing the highest quality of instruction and training to staff personnel on the Composite Health Care System (CHCS), the Ambulatory Data System (ADS), as well as commercial software, was most impressive. Your significant skills and abilities and your eagerness to assist your shipmates in improving their knowledge and performance have come to be heavily relied upon by this command and are contributing factors in improved services in all patient care areas."

HM1 John N. Trout's Letter of Commendation reads in part, "As the Leading Petty Officer and Facilities Manager for Branch Medical Clinic, Naval Air Weapons Station, China Lake, California, you have demonstrated outstanding dedication to duty, superior organizational ability and talent for handling a myriad of administrative duties. As the Facilities Manager you displayed a level of initiative seldom seen in one of your pay grade. Over a ten month period, you actively pursued a discrepancy cleaning contract, assisting the Base Contracting Officer's Technical Representative in resolving a major issue regarding the cleaning of the clinic's carpets. You worked closely with the ground



HM1 John N. Trout

maintenance personnel in detecting a water leak that had eluded them for a three month period of time. Your efforts resulted in a significant reduction in the clinic's water bill. In addition, you renovated spaces by painting, repairing or replacing fixtures, and setting up offices to accommodate changes in the clinic's needs."

HM3 Donna L. Tenney's Letter of Commendation reads in part, "Please see PEOPLE on next page"

COMPETITION...

Continued from page 1

gaining too much weight. On top of all this, a strange looking, light weight, three wheeled contraption, christened "The USS Lightin' Flush", is pulled out of a secret, well guarded storage space somewhere in the hospital and is dusted off, thoroughly inspected, patched up and oiled.

Then a team of the fastest runners and the lightest rider are put together and the grueling training begins.

Like Olympic athletes who train hard for the gold, staff members of Naval Hospital Twentynine Palms work hard to win the annual October Outhouse Race so they can maintain the high standard of being called "Defending Outhouse Race Champions."

This year, as in the past, it was no different... and again next year Naval Hospital Twentynine Palms will race once again... as "Defending Outhouse Race Champions."

Currently the hospital is the recipient of nine "Toilet Seat Trophies" which are proudly displayed in the atrium above the trophy case on the main floor of the hospital (Which is a required stop on all VIP tours). Within days another ceremony will be held, with senior military members of the Combat Center as well as local civilian illuminaries attending, to mount the tenth "Toilet Seat Trophy" on the wall.

Staff members making up this year's champion Outhouse Race team are: runners, HM2 John Pepas, HM2 Greg Potter, HM3 Bill Hayes, HM3 Chad Johnson and HN Eddie Espos and rider Eliza Russell.

This year's event was a bit different, because now this annual race is attracting national television coverage. Perhaps next year some outside competition may be coming in to challenge Naval Hospital Twentynine Palms.

PEOPLE...

Continued from previous page



HM3 Donna Tenney

mendation reads in part, "As a General Duty Corpsman assigned to the Pediatric Clinic, you have consistently demonstrated skills well beyond those expected of a Third Class Petty Officer. Your efforts in establishing a walk-in asthma clinic will help eliminate unnecessary Emergency Room visits while providing your patients with timely, quality health care. In addition, you actively researched the requirements for an Oto-Acoustics Emissions Testing system and assisted in procuring the necessary equipment to perform this vital testing locally, thereby saving countless funds in referral costs. Your support of command activities as a volunteer for numerous Navy Ball fund raisers have been truly superb and contributed significantly to staff morale."

Mrs. Deann Dennis' Letter of Commendation reads in part, "A friendly, resourceful, and enthusiastic Red Cross Volunteer, you cheerfully undertook the challenges of the day-to-day workload of the Physical

Therapy Department. You have been a definite asset to the department and entire hospital by compassionately assisting individuals in need of health care. With minimal instruction and supervision, you diligently completed all of your assignments promptly and professionally. Your presence in the department and enthusiasm for your work have provided a significant improvement in the department's morale.

"Your contributions to Naval Hospital Twentynine Palms have included greeting patients, opening and filing patient charts, scheduling appointments, providing clinic information to customers, directing incoming telephone calls and recording telephone messages, and photocopying departmental records. You have served as a liaison between patients and the clinic staff, and with other hospital departments. Your teamwork approach has significantly contributed to the Physical Therapy Department's ability to provide quality care to over 1,200 patients each month."



Deann Dennis

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More Desert Rats...

Hardin



Inez Hardin receives her Desert Rat Certificate at her retirement party from CAPT Joan Huber, CO, Naval Hospital Twentynine Palms.

Snyder



HM3 Crystal Snyder receives her Desert Rat Certificate from LCDR Daniel Hightower, Head, Radiology Department at Naval Hospital Twentynine Palms.

Womack



HM2 Jimmie Womack receives his Desert Rat Certificate from CAPT Joan Huber, CO, Naval Hospital Twentynine Palms.

Navy Birthday Ball 1998

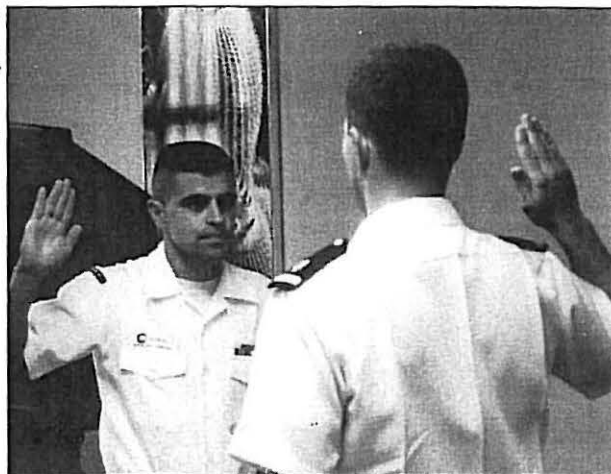




Hard Chargers...



HM2 Ricardo Romero, right, takes the oath of enlistment, signing on for a few more year.s.



CDR William Harris, left, is piped ashore at his retirement. Accompanying him are his wife Lin and dog Muffy.

LCDR Mary Meierhenry, right, is promoted to her present rank.



HM3 Melissa Perich, right, receives a Navy Marine Corps Achievement Medal from the Commanding Officer.



LTJG Pennirae Frisbie, left, is promoted to her present rank.



HM2 Tawnya Swank, left, takes the oath of enlistment.



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